

IN THE CLAIMS:

Claims 1-22 (Canceled).

23. (New) A post mounting arrangement for ground installation of a post, comprising a tubular body portion which is adapted to be installed into the ground and has an open end adapted to receive a post to be supported, the open end of the tubular body portion comprising an enlarged flange portion defining a head portion of the tubular main body portion, the head flange portion includes a resilient retaining collar adapted to receive and engage the post, and a strengthening band; wherein the head portion comprises a first recess defined therein within which the said collar is engaged and mounted, a second recess defined in the head portion adapted to receive the said strengthening band, and the whole being adapted to be fitted to and engage with the post to enclose the tubular body portion and secure the post and strengthening band, the collar and band being removable.

24. (New) An arrangement as defined in claim 23, wherein a cap is provided adapted to be fitted to and engage with said head portion to enclose the recesses and secure the collar and strengthening band in place.

25. (New) A post mounting arrangement as claimed in claim 24 in which the cap when engaged and fitted to the head portion is adapted to urge the collar inwards, in use, into engagement with the post.

26. (New) A post mounting arrangement as claimed in claim 24 in which said cap includes a portion which is adapted, when said cap is fitted to said head portion, cooperates with said first recess to urge said collar, in use into engagement with said post.

27. (New) A post mounting arrangement as claimed in claim 26 in which said cap includes a flange projection which cooperates with said first recess and head portion to when the cap is fitted and in use urge the collar into engagement with said post.

- 28 27. (New) A post mounting arrangement as claimed in claim 24 in which the collar comprises a post abutment surface which is adapted to provide, in use, an enhanced interference fit and grip on the said post against movement in a first direction as compared to movement in a second direction.
- 29 28. (New) A post mounting arrangement as claimed in claim 27 in which said post abutment surface of said collar comprises at least one serration or ridge.
- 30 29. (new) A post mounting arrangement as claimed in claim 28 in which said at least one serrations is directionally orientated such that a first surface of said serration abuts said post and a different angle to a second surface of said serration.
- 31 30. (New) A post mounting arrangement as claimed in claim 24 in which said cap is adapted to be snap fitted to said head portion.
- 32 31. (New) A post mounting arrangement as claimed in claim 30 in which said cap includes a flange lip which is cooperatively engaged with a cooperating flange lip on said head portion.
- 33 32. (New) An arrangement as claimed in claim 23, wherein the collar comprises a shock absorber element having a groove capable of receiving an expansion ring to lock the element into place.
- 34 33. (New) An arrangement as claimed in claim 32, wherein the shock absorber element, in use, covers and seals the whole of the top of the head portion.
- 35 34. (New) An arrangement as claimed in claim 32, wherein the element interlocks with the top of the head portion.
- 36 35. (New) An arrangement as claimed in claim 32, wherein the strengthening band is retained between the second recess and an extended sleeve portion of the element.
- 37 36. (New) A post mounting arrangement as claimed in claim 23, in which the post and tubular main body portion are of a generally circular cross section.

- 38 37. (New) A post mounting arrangement as claimed in claim 23 in which the post and tubular main body portion are of a generally square or rectangular cross section.
- 39 38. (New) A post mounting arrangement as claimed in claim 23 in which said first recess defined in said head portion is adapted such that said collar can flex away from, in use, engagement with said post.
- 40 39. (New) A post mounting arrangement as claimed in claim 23 in which the collar is fabricated from a resilient material.
- 41 40. (New) A post mounting arrangement as claimed in claim 39 in which said collar is fabricated from a rubber material.
- 42 41. (New) A post mounting arrangement as claimed in claim 23 in which said tubular body portion is fabricated from an injection moulded plastic material.
- 43 42. (New) A post mounting arrangement as claimed in claim 41 in which said plastic material comprises polypropylene.
- 44 43. (New) A Method of erecting a post using a post mounting arrangement as claimed in claim 23, comprising the steps of:
- installing said tubular main body in the ground,
 - installing said strengthening band in said second recess,
 - installing said collar in said first recess,
 - inserting a base end of said post through said collar and into said tubular body portion, and
 - fitting said cap to said head portion to secure said collar within said head portion, or inserting said expansion ring into the shock absorbing element.

- 45 44. (New) A Method of erecting a post as claimed in claim 43 in which said post is inserted through said collar prior to installing said collar and inserting said post into said main tubular body.